

# ROCHESTER DIOCESAN BOARD OF FINANCE



## CHILDREN AND YOUTH WORK TRAINING DIRECTORY AND PROGRAMME FOR PARISHES IN THE DIOCESE OF ROCHESTER 2018

[www.rochester.anglican.org](http://www.rochester.anglican.org)





# **Welcome to the Children and Young People Team**

## **Introduction**

We are Cheryl Trice and Sarah Cabella. Cheryl is the Diocesan Children's & Youth Work Adviser who takes the lead in youth work, whilst, Sarah is a PA assisting and supporting Cheryl. As a team we want to support and encourage you in your ministry with children & young people.

## **Our Aims**

1. To advise, support and celebrate children's and youth work across the Diocese of Rochester so that children and young people are offered life-enhancing encounters with Jesus Christ, participation as equal partners in the life of the Church and opportunities to explore their vocation.
2. To encourage, develop and evaluate standards of integrity and good working practice amongst children's and youth work practitioners, parishes and schools and to formally recognise those who demonstrate high quality children's and youth ministry.

## **Our Objectives**

### **RESOURCES, GUIDANCE & ADVICE**

To encourage and develop the highest standards of working practice and personal integrity in all those who work with children and young people in parishes across the Diocese.

To develop, offer and disseminate a bank of high quality Diocesan resources, giving guidance on specific children's and youth work issues.

### **MISSION & COMMUNITY**

Working with the other Diocesan departments, to help parishes to increase their engagement with children and young people in their communities.

### **PARTICIPATION**

To increase the participation of children and young people in the life of parishes, the Diocese and the wider Church of England, so as to enable them to influence decision-making and initiate positive change in their churches, local communities and the wider world.

### **TRAINING & DEVELOPMENT**

To develop, offer and deliver a cohesive training programme for parishes which is responsive and encouraging as well as innovative and inspirational.

To raise the profile and increase the status of ministry among children & young people alongside other recognized ministries within the Diocese.

### **COMMUNICATION**

To increase the frequency and quality of children and youth work communication across the Diocese.

# **HOW TO ....**

The training in this Directory is for leaders who work with children and young people across the age range.

## **How to use this training directory**

The directory is broken into two main sections:

- Descriptions of training which individual parishes may request. These are divided into 3 categories:
  - Those specifically related to work and ministry with children. (0-11)
  - Those specifically related to work and ministry with young people (11-18)
  - Those which are relevant to work and ministry with children and young people.
  
- A programme of pre-planned training events for the coming year is included towards the end of the directory.

## **Requesting a training session for your parish**

- Discuss with those who work with children and young people what training they think would help them to be more confident and effective in their work and ministry.
- Look through the training session descriptions in the directory and identify the most helpful training topics. (If the topic of most concern to your parish is not included, please do still get in touch to discuss the possibility of bespoke training to respond to the particular training needs of your church.)
- In the first instance contact Sarah Cabella to register your interest in a particular training session.
- The Children's & Youth Work Adviser will contact you to discuss the particular training needs, to get some basic information about the people who are likely to be involved, to identify possible dates and times, and whether it would be appropriate to advertise the training to other parishes.
- We would expect your parish to host the session by providing an adequate space for the training, providing refreshments for those who attend. If the parish has audio-visual equipment available that is always appreciated, although we can bring our own equipment if necessary.

## **Booking for a pre-planned training event**

Follow any specific booking instructions in the details of the event or contact Sarah Cabella at the Diocesan Office on 01634 560024 or [sarah.cabella@rochester.anglican.org](mailto:sarah.cabella@rochester.anglican.org)

# **Children's Work Training**

## **Nurturing the Spirituality of Children**

A session to help you better understand and nurture the spirituality of children and young people.

Learning objectives:

- To know some of the factors which hinder and encourage the healthy development of spirituality.
- To understand how child and adolescent development influences spirituality and faith.
- To be better prepared to nurture the spirituality and faith of children and young people.

## **Exploring the Bible with Children**

A session to help you to explore the Bible with children in a way which encourages an encounter with God.

Learning objectives:

- To know some of the factors which hinder children & young people from exploring the message of the Bible and encountering God in the process.
- To understand some of the advantages and limitations of different approaches to using the Bible with children.
- To be able to choose from and use a variety of approaches to help children explore the Bible.

## **Praying with Creativity: multi-sensory prayer with children**

A session to explore creative ways of praying with children using all of the senses.

Learning objectives:

- To understand the value of a multi-sensory approach to prayer with children of all ages and abilities.
- To know a range of creative prayer ideas to use with children's groups.
- To be able to develop new creative prayer ideas appropriate to their group.

# **Children's Work Training**

## **Creative Programme Planning for Children's Groups**

A session to help children's group leaders to develop the skills and ideas for planning creative and effective programmes.

Learning objectives:

- To reflect on the value and limitations of programme planning for children's groups.
- To understand and be able to use a planning and evaluation process.
- To feel confident in taking children's perspectives into account in planning programmes.
- To be able to explore different resources and reflect on their suitability for different groups and settings.
- To build a toolkit of ideas and resources to help with their programme planning.

## **Think Globally, Act Locally with Children**

A session to explore the ways that awareness of global issues and the international dimension to the Christian faith can enrich our work with young people.

Learning objectives:

- To become more aware of the varied ways Christian faith is experienced and expressed around the world.
- To gain insights from other cultures and perspectives on life and faith.
- To evaluate the cultural content of our current resources and practices.
- To become more aware of the challenges and complexities of global issues affecting young people.
- To identify a variety of ways in which young people can be involved in Christian mission.

## **Challenging Behaviour**

A session to explore issues around challenging behaviour and to identify ways of responding to challenging behaviour in children.

Learning objectives:

- To clarify what is meant by the phrase 'challenging behaviour' in relation to children.
- To understand the variety of possible causes behind examples of challenging behaviour.
- To know a range of strategies for dealing with behavioural issues in a children's work context.

# **Youth Work Training**

## **Building Positive Relationships with Young People**

This session encourages practitioners to gain an understanding of young people's behaviour and how to positively engage with them. Through reflective practice, gain confidence & knowledge to develop relationships with young people in their youth work setting.

Learning objectives:

- To gain an understanding & knowledge of young people & adolescence.
- To gain confidence in positively engaging with young people underpinned by biblical principles.
- To cover the principles of building & maintaining positive relationships with young people.
- Begin to build a toolkit of resources to build positive relationships with young people.

## **Giving Young People Leadership Roles in the Church**

This session encourages practitioners to reflect within their setting ways in which they could encourage young people into leadership roles, whilst gaining an understanding of effective resources / programmes. An understanding of the wider parish's response will also be covered and ways in which to respond to negativity.

Learning objectives:

- To gain an understanding of how leadership roles can encourage spiritual growth and a sustainable faith within young people.
- To explore how to disciple and encourage young people into leadership roles.
- To identify different resources and programmes to encourage participation.
- To consider how the wider congregation can be encouraged to accept young people in leadership roles.

# **Youth Work Training**

## **Providing a Biblical Stance on Sex & Relationships**

This session explores the necessity of encouraging young people and facilitators to be able to talk openly about sex and relationships whilst creating a safe environment. Biblical teaching and principles will be covered, whilst acknowledging secular trends, beliefs and the law. An introduction will be offered for suitable resources for practitioners to use in their settings.

Learning objectives:

- To gain an understanding of the necessity to engage in positive conversation within the context of sex & relationship.
- To build in biblical principles into the topic whilst acknowledging the need for sensitivity.
- To explore the legal implications but still respond positively.
- To reflect on suitable resources to use within your youth work setting.

## **Creative Programme Planning for Youth Groups**

This session explores if programmes are necessary when working with young people and if so how to confidently consult young people in the planning stage to create an exciting, developing and creative programme. An introduction will be offered for suitable resources for practitioners to use in their settings.

Learning objectives:

- To explore and reflect on the question: "Do programmes work when engaging with young people?".
- For participants to feel confident in engaging young people in consultation to create effective and creative programmes.
- Explore & identify different types of resources and reflect on suitability for different settings & learning styles.
- For participants to build a toolkit of ideas / resources that can be drawn into a creative programme whilst disciplining young people.



# **Youth Work Training**

## **Think Globally, Act Locally with Youth Groups**

A session to explore the ways that awareness of global issues and the international dimension to the Christian faith can enrich our work with young people.

Learning objectives:

- To become more aware of the varied ways Christian faith is experienced and expressed around the world.
- To gain insights from other cultures and perspectives on life and faith.
- To evaluate the cultural content of our current resources and practices.
- To become more aware of the challenges and complexities of global issues affecting young people.
- To identify a variety of ways in which young people can be involved in Christian mission.

## **Challenging Behaviour**

A session to explore issues around challenging behaviour and to identify ways of responding to challenging behaviour.

Learning objectives:

- To clarify what is meant by the phrase 'challenging behaviour' in relation to young people
- To understand the variety of possible causes behind examples of challenging behaviour.
- To know a range of strategies for dealing with behavioural issues in a youth work context.

# **Joint Children's and Youth Work Training**

## **Nurturing a Faith Which Lasts**

There has been much said and written about the exodus of children and young people from the church, but what has been the experience of those whose faith has survived the journey through adolescence and into adulthood? This session is an opportunity to consider the outcomes of research into the experience of young people who have made this journey. Drawing on these insights, we will explore some practical implications for the nurturing of a faith which lasts into adulthood.

Learning objectives:

Participants know the key findings of relevant research into the faith journeys of children and young people.

- Participants understand a range of factors which seem to hinder the development of a sustainable faith and a range of factors which have helped to sustain faith through childhood and adolescence and into adulthood.
- Participants identify practical strategies to nurture a resilient faith which is more likely to last through childhood and adolescence into adulthood.

## **Organising Residentials for Children & Young People**

This session covers the legality and best practice involved when engaging with children & young people in a camp / residential setting. Participants will gain knowledge & understanding on the importance of creating an effective team and incorporating relevant and exciting teaching.

Learning objectives:

- To explore and identify 'Best Practice' when organising trips away from the Parish.
- To gain knowledge of relevant legislation and guidelines including insurance issues, risk assessment, policies, consent, care plans and safeguarding.
- How to incorporate biblical teaching programmes into residentials.
- How to create an effective team ministry within residential settings.

# **Joint Children's and Youth Work Training**

## **Leading Small Groups with a Wide Age Range**

A session to help you make the most of small groups of children across a wide age range, acknowledging both the difficulties and the opportunities of such groups.

Learning objectives:

- To explore the challenges and opportunities of leading a small group with a wide age range.
- To know some creative strategies to maximise the benefits & minimise the problems.
- To be aware of resources that work effectively with such groups.

## **Pastoral Care**

This session helps those who are actively involved in children and young people's ministry; who are or will in the future find themselves in a position of supporting children and young people pastorally. This may be in the area of change, transition, faith formation or discipleship.

Learning Objectives:

- For participants to gain knowledge and confidence in discipleship and pastoral care of children & young people.
- To use a range of skills, methods and resources to engage positively with children & young people.
- Identify and demonstrate the difference to pastoral and discipleship ministry with children & young people.
- Begin to build a 'tool kit' of resources for use in the ministry of pastoral care and spiritual discipleship of children & young people.

# **Joint Children's and Youth Work Training**

## **Safeguarding & Responding to Concerns - Good Practice in safeguarding children and young people**

This session will enable those who work with children and young people to better understand the practical implications for their role of the Diocesan Safeguarding Policy, procedures and guidance.

Learning objectives:

- Participants understand that they have an important part to play in implementing the safeguarding policy.
- Participants are aware of key health and safety issues and procedures and understand how to get a good balance between the benefits and risks of activities for children and young people.
- Participants understand the importance of accountability, support and supervision for workers and know how to work together to a code of conduct.
- Participants know the basic principles of engaging safely in online communication with young people.
- Participants are aware of different forms of abuse and potential signs of such abuse.
- Participants know how to respond to concerns or disclosures of abuse and understand how this might play out in different scenarios.

## **Supporting Children & Young People in Times of Crisis**

This training explores raising awareness of how to support CYP in times of crisis or traumatic events. Mental Health and wellbeing of CYP is an increasing encounter for those involved in ministry. Through this conversation and training, practitioners will explore research, data and the resources to be used in various settings with children & young people.

Key themes covered are:

- Bless Your enemies
- Research
- In the minds
- Prevention & Proactive
- Responding Strategies
- Resources

## DIARY DATES

### 2018

- 2<sup>rd</sup> February 2018      Midnight Ice Skate -1WON Diocese Young People's Event,  
11pm – 1am at Silver Blades Ice Rink, Ambley Road, Gillingham Business Park, Kent. Cost £5 per person. This is a great night where young people aged 11 – 18 can attend. To book your place or for more information contact Sarah Cabella.
- 6<sup>th</sup> March 2018      Boost Conference at Emmanuel Centre, London. 9.15 – 4.15pm. Cost £30 per person. To book your place and for more information go to <http://www.separtnership.org.uk/boost/>

To book on any of the above courses or for more information please contact Sarah Cabella at the Diocesan Office, 01634 560024, [sarah.cabella@rochester.anglican.org](mailto:sarah.cabella@rochester.anglican.org)



Mrs Cheryl Trice  
Diocese Children and Youth Adviser (Youth lead)  
Direct dial – 01634 560021  
Mobile: 07730 096375  
Email – [cheryl.trice@rochester.anglican.org](mailto:cheryl.trice@rochester.anglican.org)



Mrs Sarah Cabella  
PA to the Children & Young People Team  
Direct dial – 01634 560024  
Email – [sarah.cabella@rochester.anglican.org](mailto:sarah.cabella@rochester.anglican.org)

## Contact

Children and Young People Team,  
Rochester Diocesan Board of Finance,  
Diocesan Office,  
St Nicholas Church,  
Boley Hill,  
Rochester, Kent. ME1 1SL.

**Telephone:** 01634 560000

**Email:** [sarah.cabella@rochester.anglican.org](mailto:sarah.cabella@rochester.anglican.org)

**Website –** [www.rochester.anglican.org](http://www.rochester.anglican.org)



[www.facebook.com/rochesterdiocesecyp](https://www.facebook.com/rochesterdiocesecyp)



@rochestercyp